

Healthy Youth Nebraska:

Addressing Risks, Resiliency & Barriers to Success

Monday, September 19, 2016

Holiday Inn, 110 S 2nd Ave, Kearney, NE 68847

Breakfast and Lunch Provided - CEUs Available - \$40.00 Registration Fee

7:45am- 5:00pm

KEYNOTE PRESENTATIONS:

Consent: So Simple, Yet Oh So Very Complicated

Is consent one aspect of a healthy relationship that is spoken enough about? Together we will explore the complexity of the issue, tips to understand the messages about consent, and learn key considerations for consent education.

Kirsten deFur, MPH, assistant director of training and prevention at Columbia University's Sexual Violence Response & Rape Crisis/Anti-Violence Support Center.

Digital Citizenship in 2016: What Every Adult Needs to Know

This session will cover apps used for cyberbullying, unhealthy body image and apps used by predators. Following the session you will have the working knowledge and the desire to continue exploring all the digital dangers that exist.

Karen Haase, JD, principal in the law firm of KSB School Law, where she focuses her practice exclusively on representing public school districts and related entities.

Adolescent Substance Use Disorder – Prevalence and Trends

This presentation will present the current trends of substances used by youth based on known surveys. It will also provide symptoms of use of specific substances including alcohol, marijuana and other commonly used substances and offer clues to identifying the use of specific substances.

Dr. Ken Zoucha, MD, supervising physician at the Hastings Juvenile Chemical Dependency Program, serving youth from across Nebraska who are diagnosed with substance use disorders.

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Monday, September 19, 2016, Holiday Inn, Kearney, NE

7:45 - 8:00 REGISTRATION/BREAKFAST - Ballroom 1

8:00 - 8:20 WELCOME & INTRODUCTIONS - Ballroom 1

8:20 - 9:50 CONSENT: SO SIMPLE, YET OH SO VERY COMPLICATED - KIRSTEN DEFUR, MPH - Ballroom 1

9:50 - 10:00 BREAK

10:00 - 10:55 BREAKOUT SESSIONS

- **Calmer Classrooms: Working with Traumatized Students, Part 1 - Kay Glidden & Jenny Brown - Stateroom E**
This session is designed for caring adults to increase their knowledge of how students affected by trauma experience the learning environment. Participants will learn school and classroom strategies that support students affected by trauma to engage in the learning process. Techniques to support coping with emotional self-regulation, compassion fatigue and strategies for self-care will be offered.
- **"Come on Babe, Don't You Love Me?" and Other Coercive Moves - Kristen deFur - Stateroom F**
Intimate partner violence (IPV) is a serious, preventable public health problem that affects millions of Americans. This session will help participants identify coercive behaviors among teens and provide techniques on how to effectively respond to intimate partner violence.
- **Preventing STDs and Teen Pregnancy through the Adolescent Health Project - Brenda Council - Stateroom D**
Research done by the Women's Fund of Omaha, continues to point to sexual literacy and teen pregnancy as two of the top issues facing girls in Douglas County. Through interactive discussion and activities participants will gain knowledge of best practices to reduce sexual transmitted diseases and pregnancy among adolescents and how these practices have been implemented through the Adolescent Health Project of the Women's Fund of Omaha.
- **Meeting the Needs of Special Education Students in Human Sexuality Education - Dr. Darrel Lang - Stateroom B**
Being a good educator involves having a variety of skills to meet the needs of all students. During this session, Dr. Lang will provide an understanding of how to adopt and modify teaching techniques for youth with various disabilities. The six components of a model for human sexuality will be explained. Techniques on how to respond to persons who resist human sexuality education will also be discussed.

10:55 - 11:05 BREAK

11:05 - 12:00 BREAKOUT SESSIONS

- **Calmer Classrooms: Working with Traumatized Students, Part 2 - Kay Glidden & Jenny Brown - Stateroom E**
This session, a continuation of Calmer Classrooms: Working with Traumatized Students, Part 1, will provide additional information to increase participant's knowledge of how students affected by trauma experience the learning environment. Participants will learn school and classroom strategies that support students affected by trauma to engage in the learning process. Techniques to support coping with emotional self-regulation, compassion fatigue and strategies for self-care will be offered.
- **Meeting the Needs of Special Education Students in Human Sexuality Education - Dr. Darrel Lang - Stateroom B**
Being a good educator involves having a variety of skills to meet the needs of all students. During this session, Dr. Lang will provide an understanding of how to adopt and modify teaching techniques for youth with various disabilities. The six components of a model for human sexuality will be explained. Techniques on how to respond to persons who resist human sexuality education will also be discussed.
- **Postpone or Protect: Building Safe, Responsible Relationships - Su Nottingham & Al Craven - Stateroom F**
This workshop will combine usable, student centered, interactive teaching strategies for sexuality and relationship education. The materials presented are easily adapted to reflect community requirements, and provide a safe environment to discuss sexuality issues that influence today's youth focusing on healthy relationships and safety. Participants will interact within small groups, experience each teaching strategy in a manner that allows comfort with this sometimes sensitive topic.
- **Preventing STDs and Teen Pregnancy through the Adolescent Health Project - Brenda Council - Stateroom D**
Research done by the Women's Fund of Omaha, continues to point to sexual literacy and teen pregnancy as two of the top issues facing girls in Douglas County. Through interactive discussion and activities participants will gain knowledge of best practices to reduce sexual transmitted diseases and pregnancy among adolescents and how these practices have been implemented through the Adolescent Health Project of the Women's Fund of Omaha.

CONTINUED

12:00 - 12:15 LUNCH SERVED - Ballroom 1

12:15-1:15 DIGITAL CITIZENSHIP IN 2016: WHAT EVERY ADULT NEEDS TO KNOW - KAREN HAASE, JD - Ballroom 1

1:15 - 1:25 BREAK

1:25 - 2:20 BREAKOUT SESSIONS

- **An Ideal Journey Informed by Youth Voice: Creating Youth-Friendly Health Centers - Julie Reno & Lisa Schulze - Stateroom D**
Health centers are most successful when they are youth-friendly. This session will define characteristics of the youth-friendly health center environment and experience, provide tips for supporting and encouraging youth to be effective healthcare consumers and explain the importance of youth voice in creating quality adolescent healthcare services.
- **Postpone or Protect: Building Safe, Responsible Relationships - Su Nottingham & Al Craven - Stateroom F**
This workshop will combine usable, student centered, interactive teaching strategies for sexuality and relationship education. The materials presented are easily adapted to reflect community requirements, and provide a safe environment to discuss sexuality issues that influence today's youth focusing on healthy relationships and safety. Participants will interact within small groups, experience each teaching strategy in a manner that allows comfort with this sometimes sensitive topic.
- **Social Media 101: Social Media Basics - Alex Brown - Stateroom B**
The term social media is used so vaguely that it can basically be used to describe almost any website on the internet today. Trending social networks will be identified during the session. Participants will also gain an understanding the functionality of those networks and the impact those networks have on youth.
- **Sticks and Stones May Break My Bones, But Names May Kill Me - Dr. Susan Lindblad - Stateroom E**
Current estimates suggest that nearly 30% of American adolescents reported at least moderate bullying experiences as the bully, the victim, or both. Dr. Lindblad will provide tips on how to identify bullying, characteristics of bullies and of victims and develop interventions strategies for both.

2:20 - 2:30 Break

2:30 - 3:25 Breakout Sessions

- **An Ideal Journey Informed by Youth Voice: Creating Youth-Friendly Health Centers - Julie Reno & Lisa Schulze - Stateroom D**
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- **Legal Issues Related to Sexting Dating Violence and Related Teen Relationship Red Flags - Karen Haase, JD - Stateroom F**
Adults are often unaware that sexting is a felony and that sextortion is a common component of dating violence. In this session Karen will cover the definitions and legality of sexting and dating violence and also how to respond upon discovery.
- **Social Media 102: Using Social Media to Increase Youth Engagement - Alex Brown - Stateroom B**
This session, a continuation of Social Media 101, will identify those social networks most used by their youth clients, describe how to create/manage accounts on those networks for their organizations, offer suggestions on how to improve youth engagement and evaluate the effectiveness of their efforts.
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3:25- 3:40 Break

3:40 - 4:50 Adolescent Substance Use Disorder— Prevalence and Trends - Dr. Ken Zoucha, MD - Ballroom 1

4:50 - 5:00 Closing

CONFERENCE OVERVIEW

TARGET AUDIENCE

The Healthy Youth Nebraska: Addressing Risks, Resiliency & Barriers to Success Conference is designed for teachers, school nurses, prevention and care providers, administrators, health professionals, community health planners, physicians, counselors, persons from community-based organizations, members of the faith community, social workers, parents and public health professionals.

LODGING

A block of rooms has been reserved for conference participants at the Holiday Inn Kearney, 110 S 2nd Ave, Kearney, NE 68847

\$89.98 plus applicable taxes per room per night

To make your reservations, please call the hotel at (308) 237-5971, 1-888 HOLIDAY

Room Block Name: Nebraska Department of Health & Human Services

Cutoff date for the room block is AUGUST 22, 2016

DIRECTIONS

HOLIDAY INN KEARNEY, 110 S 2ND AVE, KEARNEY, NE 68847

Driving Directions: From the East or West follow I-80 to Exit 272. Go North on 2nd Ave South, turn left on to Talmadge St, turn left onto 3rd Ave at the Holiday Inn Kearney at 110 S 2nd Ave.

FOR MORE INFORMATION

Michaela Jennings, MA, Program Manager, Adolescent Health MCAH – Lifespan Health Services, DHHS Division of Public Health 402-471-0538, Michaela.jennings@nebraska.gov

Carol Tucker BSN, RN, NCSN, School Health Program Manager, State School Nurse Consultant, DHHS Division of Public Health, Lifespan Health 402-471-1373, Carol.tucker@nebraska.gov

REGISTRATION INFORMATION

- Use the following link to register for the conference: <https://conference.answers4families.org/>
- All participants **MUST** register individually online. No faxed, emailed or mailed registrations will be accepted.
- Check or credit card accepted.
- Make checks out to DHHS Adolescent Health Program, include conference name on memo line.
- Checks may be sent to:
Center on Children, Families and the Law
c/o Answers4Families
University of Nebraska-Lincoln
Lincoln, NE 68588-0227

NO REFUNDS FOR CANCELLATIONS

- **REGISTRATION DEADLINE: SEPTEMBER 9, 2016**
- To accommodate the temperature variations at the conference, please dress in layers or bring a sweater or jacket.

CONTINUING EDUCATION UNITS

A total of 7.6 contact hours will be available for nurses, social workers and mental health practitioners attending the entire conference.

Sign-up to receive CEUs when registering online.

This program meets the criteria of an approved continuing education program for mental health practice.

This activity has been submitted to the Washington State Nurses Association Approver of Continuing Nursing Education (A-CNE) for approval to award contact hours. The Washington State Nurses Association Approver of Continuing Nursing Education (A-CNE) is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

SPONSORED BY



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